

8-wk INTRODUCTION TO YOGA REGISTRATION FORM Fall Session

8-week INTRODUCTION TO YOGA - Pt. 1 (3 choices)

Mon. 11a-12:15p, 9/27-11/15 with Kathy

Tues. 10:45a-12p, 9/28-11/16 with Marc

Wed. 7:15-8:30p, 9/29-11/17 with Julia

This 8-wk introductory series is perfect for total beginners and those who want to spend more time on the basics. It establishes a solid foundation for the practice of yoga. The class includes detailed instruction in the foundational yoga poses, breathing techniques and yoga philosophy.

8-Week INTRODUCTION TO YOGA – Pt. 2 (2 choices)

Wed. 7:15-8:30p, 9/29-11/17 with Jennifer

Thurs. 9:15-10:30a, 9/30-11/18 with Kathy

This 8-wk series is appropriate for anyone who has taken Intro. to Yoga-Part 1 or equivalent. In this class we will build on the foundation established in Part 1 as you deepen your yoga practice. This class is a Level I/II class though structured in a series format. Perfect for those who have done yoga in the past, have stopped for a variety of reasons and NOW want to resume your practice!

\$120/series or \$18/class. OR:

SPECIAL OFFER: Sign up with a friend or family member for the entire 8-wk Intro. to Yoga series and the cost is \$105/person. That is a \$15 savings. If more friends or family join they also pay only \$105/person.

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Register by filling out this form (please print) or email info@ldyoga.com with registration details.

Name: _____ Email: _____

Address: _____ City, State, Zip _____ Phone: _____

8-wk Intro to Yoga/Fsll 2010: Check section attending:

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Cost: \$120 _____ \$105 w/ family or friend _____ Friend/Family's Name (s) _____

FORM OF PAYMENT: CASH _____ CREDIT CARD _____ CHECK _____ (payable to Laughing Dog Yoga)

Credit Card #(Visa, Mastercard) _____ Exp. Date _____ CVV _____

**MAIL TO: Laughing Dog Yoga, 159 Linden St., 2nd flr, Wellesley, MA 02482
781-235-9642 info@ldyoga.com www.ldyoga.com**

